



Post-Operative Instructions Following Dental Implant Surgery.

If you need assistance during non-business hours, please text or call us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Important Notes

- Mild soreness, swelling, bruising, and minor bleeding are normal after implant surgery.
- Some discomfort is expected for several days following treatment.
- The implant needs time to integrate with the bone during healing.
- Following your post-operative instructions carefully is extremely important for long-term implant success.

⚠ Smoking and vaping significantly increase the risk of implant failure and delayed healing.

Immediately Following Surgery.

- Take prescribed medications as directed.
- Begin pain medication before the numbness completely wears off.
- Rest for the remainder of the day.
- Avoid strenuous activity for several days.
- Apply ice packs to the outside of the face:
 - 20 minutes on / 20 minutes off
 - Continue for the first 24 hours
- Sleep with your head elevated for the first few nights.

Bleeding

Minor bleeding or pink saliva is common during the first 24–48 hours.

To Control Bleeding:

- Bite gently on gauze for 30–45 minutes if instructed
- Avoid excessive spitting or rinsing
- Keep your head elevated

If bleeding continues:

- **Use a damp black tea bag with gentle pressure for 30 minutes**

Please contact our office if:

- **Bleeding is excessive**
- **Your mouth is rapidly filling with blood**
- **Bleeding does not improve with pressure**

Swelling & Bruising

Swelling is common after implant surgery and may peak around days 2–3.

To Minimize Swelling:

- **Use ice packs during the first 24 hours**
- **Transition to warm compresses after 24 hours if needed**
- **Rest and avoid strenuous exercise**

Bruising around the cheeks or jaw may also occur and is usually temporary.

Pain Management

Discomfort after implant surgery is normal and usually manageable with medication.

Recommended Medications

Unless otherwise directed:

- **Ibuprofen (Advil/Motrin): 600–800mg every 6–8 hours**
- **Tylenol (Acetaminophen): 500–1000mg every 6 hours**

⚠ Do not exceed:

- **3200mg Ibuprofen in 24 hours**
- **3000mg Acetaminophen in 24 hours**

Take medications with food whenever possible.

If prescription pain medication was provided:

- **Take only as directed**
- **Avoid alcohol**
- **Do not drive or operate machinery**

Antibiotics

If antibiotics were prescribed:

- **Take them exactly as directed**
- **Finish the full course**

Contact our office immediately if you develop:

- **Rash**
- **Difficulty breathing**
- **Severe diarrhea**
- **Signs of allergic reaction**

We recommend taking a probiotic or yogurt while on antibiotics.

Diet Instructions

A soft diet is recommended for several days following surgery.

Recommended Foods:

- **Yogurt**
- **Smoothies (without straws)**
- **Eggs**
- **Mashed potatoes**
- **Pasta**
- **Soup (lukewarm)**
- **Soft fish**
- **Oatmeal**

Avoid:

- **Hard foods**
- **Crunchy foods**
- **Nuts**
- **Chips**
- **Sticky foods**
- **Extremely hot foods or beverages**

⚠️ Avoid chewing directly on the implant area during healing unless instructed otherwise.

Oral Hygiene & Cleaning

Keeping the area clean is essential for healing.

During the First 24 Hours:

- **Do not rinse vigorously**
- **Do not spit forcefully**

- **Avoid straws**

Starting the Next Day:

- **Brush gently around the area using a soft toothbrush**
- **Continue brushing and flossing the rest of your mouth normally**
- **Use prescribed mouth rinse if instructed**

If a healing cap or temporary restoration is present:

- **Clean gently around it**
- **Do not aggressively brush or pick at the area**

Activity Restrictions

For the first several days:

- **Avoid strenuous exercise**
- **Avoid heavy lifting**
- **Avoid bending excessively**

Rest and reduced activity help minimize swelling and bleeding.

Sutures

Some implant procedures require sutures.

- **Many sutures dissolve naturally**
- **Avoid touching sutures with fingers or tongue**
- **Minor loosening of sutures is usually not an emergency**

Please contact us if:

- **Sutures fall out early**
- **Significant opening develops**
- **Bleeding or discomfort increases**

Sinus Lift Instructions (If Applicable)

If a sinus lift was performed, additional precautions are necessary.

DO NOT:

- **Blow your nose forcefully**
- **Use straws**
- **Smoke or vape**
- **Sneeze with your mouth closed**

If you need to sneeze, keep your mouth open.

You may notice mild sinus pressure or congestion temporarily.

Bone Grafting Information (If Applicable)

If bone grafting was performed:

- **Small granules may occasionally work their way out of the site**
- **This can be normal during healing**

Please avoid:

- **Touching the graft**
- **Pulling on lips or cheeks to inspect the area**
- **Vigorous rinsing**

Temporary Tooth or Healing Cap

If a temporary tooth or healing cap was placed:

- **Avoid chewing hard foods on that side**
- **Do not wiggle or play with the temporary**
- **Contact us if it feels loose or comes off**

Healing Timeline

Dental implants typically require several months to fully integrate with the bone before the final restoration is placed.

Healing times vary depending on:

- **Bone quality**
- **Bone grafting**
- **Sinus lift procedures**
- **Overall health and healing response**


When to Contact Our Office

Please call or text us immediately if you experience:

- **Severe or worsening pain**
- **Significant swelling after several days**
- **Heavy bleeding**
- **Fever over 101°F**
- **Pus or foul taste**

- **Difficulty swallowing or breathing**
- **Loose implant, healing cap, or temporary tooth**

After-Hours Assistance

 **Call or Text: (469) 907-5250**

We are here to help ensure a smooth and comfortable recovery.